

About Lead Poisoning

What is lead poisoning and its effects?

Lead poisoning occurs when high concentrations of lead are found in blood levels. In children, this can result in hyperactivity, learning or behavioral problems. Adults also can suffer from lead poisoning. These effects can include increased blood pressure, digestive problems, and muscle and joint problems.

How do I get lead poisoning?

The primary method for lead to enter the body is the ingestion of lead-containing substances, mainly substances related to lead-based paint. Lead particles can be found in dust and soil, which are the greatest sources of lead exposure in children. Adults can get lead poisoning through exposure to lead at work, their hobbies or home renovations.

Where can lead be found?

Lead-based paint was commonly used in construction prior to 1978.

Wherever lead-based paint is peeling, cracking or flaking, it can mix with household dust. It's important to note that most lead dust accumulates in window wells and floors.

Lead-based paint breaks down for a number of reasons, including exposure to moisture from plumbing or roof leaks, rain entering through open windows or even steam from showers or un-vented dryers. It also can break down from impact and friction – like in high traffic areas of your house. These can be places where doors open and close, where you run up and down the stairs, or where people open and close windows.



DCA's **Division of Housing and Community Resources** is committed to building neighborhoods. Working with nonprofit organizations, municipalities, private developers and the **NJ Housing and Mortgage Finance Agency** (HMFA), the Division is responsible for grant and loan programs that promote economic and community development through housing and other support services.

The Division's **Lead-Based Paint Hazard Control Program** is dedicated to providing lead poisoning information to occupants of housing assisted with DCA funds and is funded by the U.S. Department of Housing and Urban Development.

NJ Department of Community Affairs
Division of Housing and Community Resources
Lead and Asbestos Unit
PO Box 806
Trenton, NJ 08625-0806
1-877-DCA-LEAD
www.nj.gov/dca/dhcr
E-mail: dhcr@dca.state.nj.us

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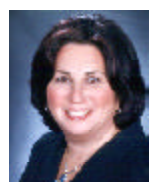
James E. McGreevey
Governor



Susan Bass Levin
Commissioner



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Governor



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Commissioner



Living Safely With Lead: A Guide to Lead-Safe Cleaning Practices



Department of Community Affairs
Lead-Based Paint
Hazard Control Program

**Greetings from
Governor James E. McGreevey
and
Commissioner Susan Bass Levin**

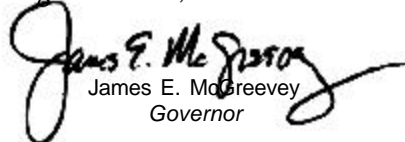
Lead-based paint isn't necessarily a hazard, but dust in a home that contains lead-based paint can pose a real health problem to you and your family. That is why the Department of Community Affairs' (DCA) Lead-Based Paint Hazard Control Program is providing you this important information on ways to best clean your home to reduce your risk of lead poisoning.

It's a proven fact that effective cleaning to help reduce you and your child's risk of lead poisoning can be accomplished by using simple, household cleaning supplies. By using these cleaning supplies and following the steps outlined in this brochure, you can minimize lead-containing dust and dirt in your home and help reduce your family's risk of lead poisoning.

DCA, in partnership with the Department of Health and Senior Services, has set the goal of eliminating childhood lead poisoning by 2010. Together, we have identified a number of objectives to meet this goal, including reducing the risk of lead poisoning through our state-funded housing initiatives. That is why we are providing you with this important information.

We encourage you to review this and other lead-based paint literature provided by DCA to ensure a consolidated effort in protecting New Jersey's families from lead poisoning.

With all good wishes,


James E. McGreevey
Governor


Susan Bass Levin
Commissioner

Living Safely With Lead: A Guide to Lead-Safe Cleaning Practices - Reducing Your Risk of Lead Poisoning

Every week you should:

- Wipe doors, mantles, molding and any other places that dirt or dust collects
- Vacuum your entire home
- Mop all of your floors
- Clean all of your windows

Tips for Mopping Your Floors

- A mop with a cotton mop head is best to clean your floors
- You should have three buckets - one with cleanser and water, one with clean rinse water and a third to wring out your mop
- Be sure to change your rinse water regularly by emptying the bucket into your toilet, not a sink, tub or storm drain
- Repeat mopping if necessary, using the same tips

Tips for Cleaning Your Windows

- Use one cloth per window
- Wash the glass first, then do the window wells
- If your window well is very dirty, wipe it out with a damp paper towel first, then wipe it with your cleaning solution and cloth

Proper cleaning supplies and methods are key.

You may already have some of these in your home, so do a quick inventory before you go shopping!

You should use:

- A box or bottle of cleaner - some cleaners are specifically designed to pick up lead dust
- A mop with a cotton mop head - this kind of mop is best for your floors
- A sponge mop with replaceable mop heads - this type of mop is good to clean your walls
- One cleaning cloth per window, plus two other cloths per room - these cloths should be washable
- Paper towels
- Latex gloves
- High Efficiency Particulate Air (HEPA) vacuum cleaner or vacuum cleaner with a special cleaning bags that are designed to pick up and hold lead dust. The best are micron bags, but make sure they fit your vacuum cleaner!

**For more information about
lead poisoning,
call 1-877-DCA-LEAD**



Disclaimer: The guidance offered in this document is based upon the latest lead hazard control knowledge and technology available at the time it was written. Users bear all risks associated with reliance on these work practices and have sole responsibility to form their own independent judgment on the document's use, modification, adaptation as appropriate. Neither the New Jersey State Government nor any of its employees makes any warrant, expressed or implied, or assumes any legal liability for any use of, or the results of, any information, product or process discussed in this document.